



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 09037, Avocados, raw, all commercial varieties <sup>a</sup>

Report Date: June 29, 2017 22:17 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1 2 3 4 5 6 7 8</sup>	g	73.23	40	1.898	64.4	83.8	6.0	68.659	77.806	8	Analytical or derived from analytical	--	03/2003
Energy	kcal	160	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kJ	670	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Protein <sup>1 2 3 4 5</sup>	g	2.00	34	0.136	1.53	3	3.0	1.563	2.429	5	Analytical or derived from analytical	--	03/2003
Total lipid (fat) <sup>1 2 3 4 5 6</sup>	g	14.66	35	0.542	8.4	23.2	4.0	13.159	16.167	6	Analytical or derived from analytical	--	03/2003
Ash <sup>1 2 3 4 5</sup>	g	1.58	34	0.118	0.82	2.8	3.0	1.203	1.957	5	Analytical or derived from analytical	--	03/2003
Carbohydrate, by difference	g	8.53	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary <sup>1 2 3 4 5 7 8 9</sup>	g	6.7	27	0.879	3.2	12.7	6.0	4.542	8.811	8	Analytical or derived from analytical	--	03/2003
Sugars, total <sup>2 4 5 7</sup>	g	0.66	12	0.019	0	2.42	2.0	0.584	0.734	4	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">4</a> <a href="#">5</a> <a href="#">7</a>	g	0.06	10	0.037	0	0.15	2.0	-0.093	0.226	3	Analytical or derived from analytical	--	08/2010
Glucose (dextrose) <a href="#">4</a> <a href="#">5</a> <a href="#">7</a>	g	0.37	10	0.030	0.06	2.17	2.0	0.262	0.521	3	Analytical or derived from analytical	--	08/2010
Fructose <a href="#">4</a> <a href="#">5</a> <a href="#">7</a>	g	0.12	10	0.016	0.07	0.25	2.0	0.062	0.201	3	Analytical or derived from analytical	--	08/2010
Lactose <a href="#">4</a> <a href="#">5</a> <a href="#">7</a>	g	0.00	10	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	07/2008
Maltose <a href="#">4</a> <a href="#">5</a> <a href="#">7</a>	g	0.00	10	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	07/2008
Galactose <a href="#">4</a> <a href="#">5</a>	g	0.10	8	0.014	0	0.3	3.0	0.065	0.155	2	Analytical or derived from analytical	--	08/2010
Starch <a href="#">4</a> <a href="#">5</a>	g	0.11	4	0.000	0.05	0.17	--	--	--	2	Analytical or derived from analytical	--	03/2003
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">10</a>	mg	12	29	0.583	8	19	3.0	10.531	14.076	6	Analytical or derived from analytical	--	03/2003
Iron, Fe <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">10</a>	mg	0.55	29	0.105	0.14	1.06	3.0	0.213	0.881	6	Analytical or derived from analytical	--	03/2003
Magnesium, Mg <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">10</a>	mg	29	17	1.542	17	34	2.0	22.905	34.251	5	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	mg	52	16	1.622	30	70	2.0	45.491	59.448	4	Analytical or derived from analytical	--	03/2003
Potassium, K <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">10</a>	mg	485	29	31.316	219	691	4.0	394.356	575.955	6	Analytical or derived from analytical	--	03/2003
Sodium, Na <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">10</a>	mg	7	23	1.173	1	17	2.0	1.792	11.76	5	Analytical or derived from analytical	--	03/2003
Zinc, Zn <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">10</a>	mg	0.64	17	0.029	0.35	0.83	2.0	0.513	0.763	5	Analytical or derived from analytical	--	03/2003
Copper, Cu <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">10</a>	mg	0.190	17	0.039	0.09	0.38	2.0	0.033	0.348	5	Analytical or derived from analytical	--	03/2003
Manganese, Mn <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">10</a>	mg	0.142	17	0.007	0.07	0.19	2.0	0.116	0.167	5	Analytical or derived from analytical	--	03/2003
Selenium, Se <a href="#">4</a> <a href="#">5</a>	µg	0.4	5	0.068	0.2	0.6	3.0	0.164	0.6	2	Analytical or derived from analytical	--	03/2003
Fluoride, F <a href="#">11</a>	µg	7.0	9	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	10.0	20	0.505	6.3	24.1	1.0	3.598	16.437	3	Analytical or derived from analytical	--	03/2003
Thiamin <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	mg	0.067	16	0.002	0.01	0.1	2.0	0.056	0.078	4	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	mg	0.130	16	0.008	0.04	0.18	2.0	0.094	0.167	4	Analytical or derived from analytical	--	03/2003
Niacin <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	mg	1.738	16	0.081	0.36	2.51	2.0	1.391	2.085	4	Analytical or derived from analytical	--	03/2003
Pantothenic acid <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	mg	1.389	16	0.301	0.61	2.71	2.0	0.093	2.685	4	Analytical or derived from analytical	--	03/2003
Vitamin B-6 <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	mg	0.257	15	0.046	0.07	0.45	2.0	0.058	0.456	4	Analytical or derived from analytical	--	03/2003
Folate, total <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	μg	81	24	10.343	14	155	2.0	36.678	125.681	4	Analytical or derived from analytical	--	05/2004
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	81	24	10.343	14	155	2.0	36.678	125.681	4	Analytical or derived from analytical	--	08/2010
Folate, DFE	μg	81	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Choline, total <a href="#">4</a> <a href="#">5</a>	mg	14.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Betaine <a href="#">4</a> <a href="#">5</a>	mg	0.7	2	--	0.6	0.7	--	--	--	2	Analytical or derived from analytical	--	12/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">12</a>	µg	7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">12</a>	µg	62	33	7.715	32	140	4.0	40.159	83.001	6	Analytical or derived from analytical	--	03/2003
Carotene, alpha <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">12</a>	µg	24	31	11.540	0	100	4.0	-7.98	56.103	6	Analytical or derived from analytical	--	03/2003
Cryptoxanthin, beta <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">12</a>	µg	28	29	16.722	0	120	3.0	-25.162	81.272	5	Analytical or derived from analytical	--	03/2003
Vitamin A, IU <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">12</a>	IU	146	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Lycopene <a href="#">4</a> <a href="#">5</a>	µg	0	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
Lutein + zeaxanthin <a href="#">2</a> <a href="#">4</a> <a href="#">5</a>	µg	271	16	16.660	170	379	2.0	199.355	342.719	3	Analytical or derived from analytical	--	03/2003
Vitamin E (alpha-tocopherol) <a href="#">1</a> <a href="#">2</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	mg	2.07	23	0.214	0.66	3.28	4.0	1.474	2.665	5	Analytical or derived from analytical	--	03/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	mg	0.05	10	0.009	0.02	0.08	2.0	0.007	0.084	3	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, gamma <a href="#">2</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	mg	0.33	19	0.114	0.09	0.75	3.0	-0.035	0.693	4	Analytical or derived from analytical	--	03/2003
Tocopherol, delta <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	mg	0.02	10	0.004	0	0.03	2.0	--	0.035	3	Analytical or derived from analytical	--	03/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) <a href="#">4</a> <a href="#">5</a>	µg	21.0	8	0.766	15.7	27	5.0	19.022	22.933	2	Analytical or derived from analytical	--	03/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	2.126	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0 <a href="#">4</a> <a href="#">5</a>	g	0.001	7	0.001	0	0.01	2.0	-0.003	0.006	2	Analytical or derived from analytical	--	03/2003
10:0 <a href="#">4</a> <a href="#">5</a>	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
12:0 <a href="#">4</a> <a href="#">5</a>	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 <sup>4</sup> <sub>5</sub>	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
15:0 <sup>4</sup> <sub>5</sub>	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
16:0 <sup>4</sup> <sub>5</sub>	g	2.075	8	0.104	1.73	2.54	6.0	1.82	2.33	2	Analytical or derived from analytical	--	03/2003
17:0 <sup>4</sup> <sub>5</sub>	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
18:0 <sup>4</sup> <sub>5</sub>	g	0.049	8	0.005	0.01	0.08	5.0	0.037	0.062	2	Analytical or derived from analytical	--	03/2003
20:0 <sup>4</sup> <sub>5</sub>	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
22:0 <sup>4</sup> <sub>5</sub>	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
24:0 <sup>5</sup>	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003
Fatty acids, total monounsaturated	g	9.799	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
14:1 <sup>4</sup> <sub>5</sub>	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:1 <sup>4</sup> <sub>5</sub>	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
16:1 undifferentiated <sup>4</sup> <sub>5</sub>	g	0.698	8	0.039	0.5	0.88	5.0	0.6	0.797	2	Analytical or derived from analytical	--	03/2003
17:1 <sup>4</sup> <sub>5</sub>	g	0.010	8	0.001	0	0.02	3.0	0.005	0.015	2	Analytical or derived from analytical	--	03/2003
18:1 undifferentiated <sup>4</sup> <sub>5</sub>	g	9.066	8	0.474	7.44	10.89	6.0	7.901	10.23	2	Analytical or derived from analytical	--	03/2003
20:1 <sup>4</sup> <sub>5</sub>	g	0.025	8	0.002	0.02	0.03	6.0	0.021	0.029	2	Analytical or derived from analytical	--	03/2003
22:1 undifferentiated <sup>5</sup>	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003
Fatty acids, total polyunsaturated	g	1.816	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:2 undifferentiated <sup>4</sup> <sub>5</sub>	g	1.674	8	0.063	1.44	1.97	4.0	1.49	1.859	2	Analytical or derived from analytical	--	03/2003
18:3 undifferentiated	g	0.125	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:3 n-3 c,c,c (ALA) <sup>4</sup>	g	0.111	4	0.007	0.1	0.13	3.0	0.089	0.132	1	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-6 c,c,c <sup>4</sup>	g	0.015	4	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	03/2003
18:4 <sup>5</sup>	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003
20:2 n-6 c,c <sup>4,5</sup>	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
20:3 undifferentiated <sup>4,5</sup>	g	0.016	8	0.002	0	0.04	3.0	0.009	0.024	2	Analytical or derived from analytical	--	03/2003
20:4 undifferentiated <sup>4,5</sup>	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
20:5 n-3 (EPA) <sup>5</sup>	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003
22:5 n-3 (DPA) <sup>5</sup>	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003
22:6 n-3 (DHA) <sup>5</sup>	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Stigmasterol <sup>13</sup>	mg	2	6	0.000	2	2	5.0	1.5	1.5	1	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Campesterol <a href="#">13</a>	mg	5	6	0.196	5	6	5.0	4.614	5.62	1	Analytical or derived from analytical	--	03/2003
Beta-sitosterol <a href="#">13</a>	mg	76	6	5.583	62	98	5.0	62.048	90.752	1	Analytical or derived from analytical	--	03/2003
<b>Amino Acids</b>													
Tryptophan	g	0.025	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Threonine	g	0.073	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Isoleucine	g	0.084	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Leucine	g	0.143	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Lysine	g	0.132	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Methionine	g	0.038	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Cystine	g	0.027	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Phenylalanine	g	0.097	--	--	--	--	--	--	--	--	Calculated or imputed	09038	08/2010
Tyrosine	g	0.049	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Valine	g	0.107	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Arginine	g	0.088	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Histidine	g	0.049	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Alanine	g	0.109	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Aspartic acid	g	0.236	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Glutamic acid	g	0.287	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003

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Glycine	g	0.104	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Proline	g	0.098	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
Serine	g	0.114	--	--	--	--	--	--	--	--	Calculated or imputed	09038	06/2003
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Flavonoids</b>													
Anthocyanidins													
Cyanidin <a href="#">17</a>	mg	0.33	--	0.11	0	0.58	--	--	--	--	--	--	--
Petunidin <a href="#">17</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin <a href="#">17</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin <a href="#">17</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin <a href="#">17</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Peonidin <a href="#">17</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin <a href="#">17 18 19</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin <a href="#">17 18 19</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin <a href="#">17 18 19</a>	mg	0.4	--	0.07	0	1.11	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate <a href="#">17 18 19</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate <a href="#">17 18 19</a>	mg	0.1	--	0.1	0	1.1	--	--	--	--	--	--	--
(+)-Gallocatechin <a href="#">17 18 19</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin <a href="#">17</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin <a href="#">17</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin <a href="#">17 20</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin <a href="#">17 20</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol <a href="#">20</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Myricetin <a href="#">17 20</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin <a href="#">17 20</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Isoflavones													
Daidzein <a href="#">21 22</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein <a href="#">21 22</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones <a href="#">21 22</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers <a href="#">14 15 16</a>	mg	1.2	--	0.87	0.02	3.28	--	--	--	--	--	--	--
Proanthocyanidin trimers <a href="#">14 15 16</a>	mg	1.1	--	0.79	0	2.6	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers <a href="#">15 16</a>	mg	3.4	--	2.01	0	5.79	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers <a href="#">15 16</a>	mg	0.5	--	0.7	0	1.96	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) <a href="#">15 16</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

#### Sources of Data

<sup>1</sup>Produce Marketing Association (PMA) Nutrient Content of Avocado, 1989

<sup>2</sup>California Avocado Commission California Avocado Commission data for avocados 1993-2001, 1993

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<sup>5</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5j, 2001 Beltsville MD

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#### Footnotes

<sup>a</sup> Based on 86% California and 14% Florida varieties.